

March 1, 2012 Comments to Michigan House Committee regarding Diabetes Action Plan (HB 5204)

Madam Chair, Members,

My name is Jim McGowan. I am the Midwest State Advocacy Director for the American Diabetes Association, covering nine states, including Michigan. I joined the staff of the ADA just over a year ago, after volunteering for 23 years, following my son, Kilty's diagnosis of type 1 diabetes at age 3.

On behalf of the American Diabetes Association, I would like to express our sincere appreciation for your introduction of House Bill 5204, and go on record in strong support of the bill.

This epidemic is outpacing our efforts to effectively treat the 26 million Americans who already have already have diabetes. Perhaps even more alarming, we are ill-equipped to deal with the estimated 79 million people who currently have pre-diabetes.

The burden of diabetes in Michigan not only is reflective of the national condition, but in fact exceeds the national average. Estimates are that 1.65 million Michigan citizens are living with diabetes.

As Chairwoman Haines has indicated, the human suffering and the costs associated with the complications of diabetes are enormous. The long-term complications of diabetes affect almost every part of the body. Diabetes causes blindness, heart and blood vessel disease, stroke, high blood pressure, kidney

disease, nerve damage, amputations, dental disease, and other complications. Diabetes complicates pregnancy, and birth defects are more common in babies born to women with poorly controlled diabetes, especially in the first trimester. It is estimated prediabetes and diabetes cost Michigan residents \$11 billion in 2009.

Despite this dire news, there are bright spots on the horizon, which Michigan and other states can begin to take advantage of. For example, two states, New York and my home state of Minnesota have both begun pilot projects which will provide Medicaid recipients with access to the curriculum of the Diabetes Prevention Project. This landmark study looked at patients already diagnosed with prediabetes, and intervened with a 16-week program that encouraged them to walk 30 minutes a day, 5 days a week, and to make just modest changes in their diet. 58% of those people never went on to develop type 2 diabetes...an incredible success. Further studies showed that this program can be offered, low cost, in community based settings, and achieve comparable results. This is the kind of innovation we need to address the needs of at-risk populations, and stop diabetes in its tracks.

The data aggregated by this initiative should provide you with the information you need to make reasoned decisions about what are the the most appropriate interventions and investments Michigan can make in the fight to Stop Diabetes. Without a comprehensive, coordinated approach, it is clear that diabetes will continue and increase in its terrible toll, both in terms of lives and treasure.

The American Diabetes Association is grateful for your efforts to assess the impact of and costs associated with diabetes – and to take action to stop diabetes in Michigan. Our national Board of Directors recently approved our 2012 Legislative Priorities, which indicated their support for state legislation such as HB 5204, which will identify goals and benchmarks to reduce the incidence of diabetes in Michigan, and create plans to improve diabetes care and control complications associated with diabetes.

To address concerns regarding the reporting requirements of this bill, the Association supports the amendment that would ensure new expenses for research and consulting are not incurred by the affected departments. Our intention is not to burden the department with additional reporting requirements, but to provide them with a mechanism to have an ongoing dialogue with you, and provide the information you need to adequately address the diabetes epidemic.

The American Diabetes Association is eager to assist you and the departments in highlighting the urgency of the needs of those in Michigan who are living with, or at-risk for, diabetes. Thank you for your advocacy on their behalf.